



**YMCA OF THE SEACOAST  
A BRANCH OF  
THE GRANITE YMCA**

**A BETTER YOU.  
MAKES A BETTER US.  
THE Y. FOR A BETTER US.**

## **SPRING II, 2019 PROGRAM BROCHURE**

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**Session Dates: April 29 – June 16, 2019  
Registration begins April 8, 2019**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CELEBRATE CAMP WEEK!

YMCA of the Seacoast  
April 22 – April 26, 2019



Let's celebrate camp all week long! Share your favorite camp memories and what you love most about camp at the Y! Visit Facebook for fun photos and camp updates!



**APRIL 26 is wear your camp t-shirt day!**  
Wear your camp gear and win prizes.

- Wear your favorite Y camp t-shirt
- Post a photo of you in camp gear to the **YMCA of the Seacoast** page
- Ask your friends and family to **LIKE** your photo
- The photo with the most likes will win a **Y prize!**

YMCA of the Seacoast | [www.graniteymca.org/camps](http://www.graniteymca.org/camps) | [www.facebook.com/YMCAofSeacoast](http://www.facebook.com/YMCAofSeacoast)

# STAFF LISTING

## BRANCH

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## AQUATICS

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## CAMP GUNDALOW AND CHILD CARE

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## HEALTH & WELLNESS

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Stay connected! There's lots of ways to interact with your YMCA.



## YMCA OF THE SEACOAST HOURS OF OPERATION

550 Peverly Hill Road, Portsmouth, NH 03801  
 603.431.2334 | [www.graniteymca.org](http://www.graniteymca.org)

### FALL/WINTER/SPRING HOURS RESUME TUESDAY, SEPT 4

Monday – Thursday	5:30 AM – 9:00 PM
Friday	5:30 AM – 8:00 PM
Saturday	7:00 AM – 4:00 PM
Sunday	8:00 AM – 4:00 PM

## The Y is Closed On

Labor Day, Veterans Day, Thanksgiving, Christmas, New Year's Day, Easter, Memorial Day, and Independence Day.

(Programs are automatically prorated in the registration system for facility closings due to holidays. Branch closings will be posted on the website, Facebook and WMUR.)

## Enjoy other locations of The Granite YMCA

### YMCA of Downtown Manchester

30 Mechanic Street, Manchester | 603.623.3558

### YMCA Allard Center of Goffstown

116 Goffstown Back Road, Goffstown | 603.497.5663

### YMCA of Strafford County

35 Industrial Way, Rochester | 603.332.7334

### YMCA of Greater Londonderry

206 Rockingham Road, Londonderry | 603.437.9622

# MEMBERSHIP INFORMATION

## Discover Membership at the Y

At the Y, your membership is so much more than just a discounted camp enrollment. Discover the unique community in your facility and all that the Y has to offer. Connect, play, and discover new things. We offer comprehensive healthy living and learning experiences for adults, kids, seniors, and families!

### Membership benefits include:

- Early registration and reduced fees for programs
- Full privileges at all of the Ys in our association
- Nationwide membership access
- Income-based membership rates
- When you become a Family Member your entire family benefits by staying healthy and spending quality time together
- FREE group fitness classes
- FREE fitness orientations to help you design a wellness plan

### For YMCA families:

- Free Kid Zone for your child to be active and have fun while you work out
- Free Family Nights
- Fun Family programs

**Want to know more? Call and schedule a tour today** to find out what the Y can do for you.

## My Y is Every Y

Another great reason to belong to the YMCA!

The Y is for healthy living and we want you to stay active and keep moving wherever you travel nationwide.

As a Facility Member of The Granite YMCA, you have complete facility access and all privileges at the Goffstown, Manchester, \*Londonderry, Portsmouth, and Rochester branches. You can also register for any programs at those branches at Facility Member rates. Because the membership fee structure does vary between these branches, we ask that you maintain your membership at the branch that you plan to frequent most often.

To use other Ys across the country, just present your membership card and a photo ID to enjoy free access to almost every Y nationwide. To find a Y in your area visit [www.ymca.net](http://www.ymca.net)

\*For Londonderry all Facility Memberships only.

## Share the Y! Earn \$20

Achieve greatness together! Each time you refer a NEW member to a branch of The Granite YMCA YOU receive \$20 toward your membership fees. Visit the Welcome Center for details.

## Membership Card

For the security of others, please scan your membership card at the Welcome Center in order to access the facility. Expect a wait time if you do not have your membership card. **There is a \$3 replacement charge for Y membership cards.**

## Membership For All | Financial Aid Available

At the Y, we want to make it easy and affordable for you and your family to stay healthy and fit together, so we offer income based rates for membership and programs. Please check with our Welcome Center for details.

## Insurance Reimbursement

Many insurance carriers provide full or partial reimbursement for membership and wellness programs. The Granite YMCA proudly partners with many local carriers including: Anthem Blue Cross and Blue Shield, Cigna, Harvard Pilgrim Health Care, and WellSense among others. Please check with your insurance carrier or employer for further details.

## Out of Work Guarantee

The Y wants you to keep your membership even if you lose your job. The Y will suspend membership payments for up to three months for those current members who become unemployed. Proof of unemployment benefits from the Department of Employment Security is required. Please see our Welcome Center for any questions.

## Membership Satisfaction

The Y believes so strongly in the quality of our programs and membership services that we guarantee all of our memberships. During the first 30 days of your new Y membership, if you are not completely satisfied, you may cancel and receive a 100% refund on both your join fee and your membership dues by completing a refund request available at the Welcome Center.

## Registering for Programs

To register in person or find out about our membership types, visit one of our Welcome Centers. To register online, you must have a current Facility Membership or create a YMCA log-in and you must be ready to pay with a debit or credit card. Registration for Facility Members begins three days before registration for Non-Members. Program must be paid in full at time of registration.

For the fastest, most convenient registration, please visit us online at [www.graniteymca.org](http://www.graniteymca.org) and select view program availability.

## Refunds, Transfers or Cancellations

We are always happy to accommodate program changes and transfers as long as space is available and your request is made **before** the session begins.

If you need to cancel participation in a program, please cancel before the session begins as another member may be waiting for an opening. You will receive a full refund of your class fee if you cancel at least 7 days before the first class. After that point, refunds are given if you have a medical reason that is supported with a doctor's note. Sorry, refunds cannot be given for scheduling conflicts or other reasons.

# YMCA MISSION & CAUSE

## OUR MISSION

The Granite YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect and responsibility.

## Our Cause

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

We know that healthy lifestyles are achieved through nurturing mind, body, and spirit. That is why well-being and fitness at the Y is so much more than just working out. Beyond fitness facilities, we provide programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

## Our Impact

The Y is, and always will be, dedicated to building healthy, confident, connected, and secure children, adults, families, and communities.

Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

## Giving

With a focus on youth development, healthy living, and social responsibility, strengthening communities is our cause. At the Y, we believe that lasting personal and social change happens when we all work together. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected, and secure.

When you give to The Granite YMCA, you are funding life-changing programs that help thousands of children, adults and families in our communities to learn, grow, and thrive.

To learn how you can help make an impact today in your community, please call **Jessica Riendeau**, Director of Annual Giving at 603.782.2804 or go online at [www.graniteymca.org/support/ways-to-give](http://www.graniteymca.org/support/ways-to-give).

## Volunteer

As the leading nonprofit for youth development, healthy living and social responsibility, we work side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive. To do our important work, we rely on support from volunteers. Help us bring about lasting personal and social change! For more information about volunteering throughout our organization, contact Jessica Riendeau, Director of Annual Giving at 603.782.2804 or [jriendeau@graniteymca.org](mailto:jriendeau@graniteymca.org).

## Financial Assistance

As a 501(c)3 non-profit, charitable organization, The Granite YMCA strives for our services to be affordable to the community. Our financial assistance program helps provide access for those in need in the form of financial aid for Y memberships and programs. Our join fees and monthly membership dues are income-based to ensure that everyone can enjoy the Y and its programs, regardless of income.

Please visit the Welcome Center for more information about our financial assistance program. Please bring a copy of your household tax return for the current year with you upon enrollment. If a recent tax return is not available, the Welcome Center will happily discuss further options with you.

## Get in Y Gear

To purchase the latest in YMCA logo apparel and other items, check with the Welcome Center. All proceeds benefit The Granite YMCA.

## Member Newsletter

The Granite YMCA's newsletter is a free publication emailed to all members on a bi-monthly basis. Be on the lookout to stay updated with upcoming events, wellness initiatives, and branch improvements.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



# STAGE DESCRIPTIONS

## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.

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# FOR YOUTH DEVELOPMENT

## AQUATICS

### A/Water Discovery | Parent Child 6 – 18 months

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Day	Time	FM	CM
Wed	11:00 – 11:30 AM	\$64	\$128
Fri	11:30 AM – 12:00 PM	\$64	\$128
Sat	9:30 – 10:00 AM	\$64	\$128
Sat	11:00 – 11:30 AM	\$64	\$128

### B/Water Exploration | Parent Child 18 – 35 months

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Day	Time	FM	CM
Wed	11:00 – 11:30 AM	\$64	\$128
Fri	11:30 AM – 12:00 PM	\$64	\$128
Sat	10:00 – 10:30 AM	\$64	\$128
Sat	11:00 – 11:30 AM	\$64	\$128

### 1/Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

#### Preschool 3–6 years

Day	Time	FM	CM
Mon	11:00 – 11:30 AM	\$60	\$120
Tue	4:00 – 4:30 PM	\$67	\$132
Wed	11:30 AM – 12:00 PM	\$67	\$132
Wed	3:30 – 4:00 PM	\$67	\$132
Thu	9:00 – 9:30 AM	\$67	\$132
Fri	4:30 – 5:00 PM	\$67	\$132
Sat	8:30 – 9:00 AM	\$67	\$132
Sat	10:30 – 11:00 AM	\$67	\$132

#### School Age 7–12 years

Day	Time	FM	CM
Fri	4:30 – 5:00 PM	\$67	\$132
Sat	8:45 – 9:15 AM	\$67	\$132

### 3/Water Stamina

In Stage 2, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

#### Preschool 3–6 years

Day	Time	FM	CM
Mon	12:30 – 1:00 PM	\$60	\$120
Mon	4:00 – 4:30 PM	\$60	\$120
Tue	5:00 – 5:30 PM	\$67	\$132
Wed	4:30 – 5:00 PM	\$67	\$132
Fri	3:30 – 4:00 PM	\$67	\$132
Sat	9:30 – 10:00 AM	\$67	\$132

#### School Age 7–12 years

Day	Time	FM	CM
Mon	4:00 – 4:30 PM	\$60	\$120
Wed	4:30 – 5:00 PM	\$67	\$132
Thu	4:00 – 4:30 PM	\$67	\$132
Fri	3:30 – 4:00 PM	\$67	\$132
Sat	9:45 – 10:15 AM	\$67	\$132

### 2/Water Movement

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### Preschool 3–6 years

Day	Time	FM	CM
Mon	11:30 AM – 12:00 PM	\$60	\$120
Mon	1:00 PM – 1:30 PM	\$60	\$120
Mon	3:30 PM – 4:00 PM	\$60	\$120
Tue	4:30 – 5:00 PM	\$67	\$132
Wed	11:30 – 12:00 PM	\$67	\$132
Thu	9:30 – 10:00 AM	\$67	\$132
Fri	11:00 – 11:30 AM	\$67	\$132
Sat	8:30 – 9:00 AM	\$67	\$132
Sat	9:00 – 9:30 AM	\$67	\$132
Sat	10:30 – 11:00 AM	\$67	\$132

#### School Age 7–12 years

Day	Time	FM	CM
Wed	4:00 – 4:30 PM	\$67	\$132
Sat	9:15 – 9:45 AM	\$67	\$132

### 4/Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### Preschool 3–6 years

Day	Time	FM	CM
Mon	4:30 – 5:00 PM	\$60	\$120
Fri	4:00 – 4:30 PM	\$67	\$132
Sat	10:00 – 10:30 AM	\$67	\$132

#### School Age 7–12 years

Day	Time	FM	CM
Mon	4:30 – 5:00 PM	\$60	\$120
Wed	5:00 – 5:30 PM	\$67	\$132
Thu	4:30 – 5:00 PM	\$67	\$132
Fri	4:00 – 4:30 PM	\$67	\$132
Sat	10:15 – 10:45 AM	\$67	\$132

# FOR YOUTH DEVELOPMENT

## AQUATICS

### 5/Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### School Age 7-12 years

Day	Time	FM	CM
Tue	5:00 – 5:45 PM	\$69	\$138
Thu	5:00 – 5:45 PM	\$69	\$138
Sat	10:45 – 11:30 AM	\$69	\$138

### 6/Stroke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### School Age 7-12 years

Day	Time	FM	CM
Tue	5:00 – 5:45 PM	\$69	\$138
Thu	5:45 – 6:30 PM	\$69	\$138
Sat	10:45 – 11:30 AM	\$69	\$138

### Gym and Swim

The YMCA of the Seacoast is offering Gundalow School's Out Program (SOP) students a combo of exercise and YMCA swim lessons. Trained staff will bus SOP students who are enrolled in this program to the YMCA and be back at Camp Gundalow by 4:30 PM.

Day	Time	FM	CM	
Tue & Thu	2:45 – 3:45 PM	\$128	\$128	
Tue	2:45 – 3:45 PM	\$50	\$50	Gym Only
Thu	2:45 – 3:45 PM	\$70	\$70	Swim Only

### Swim Team Prep 6-16 years

If your child is interested in joining a swim team but is unsure about what to expect, this program provides a good foundation. Let our aquatics staff help prepare them by building their confidence and swimming skills.

Day	Time	FM	CM
Mon	5:00 – 6:00 PM	\$85	\$170
Wed	5:00 – 6:00 PM	\$85	\$170
Fri	5:00 – 6:00 PM	\$85	\$170

### Swim Team Prep II 6-16 years

For participants who have taken Swim Team Prep previously, and are ready to advance. By invitation from instructor only.

Day	Time	FM	CM
Wed	5:00 – 6:00 PM	\$85	\$170

### Swim Team Prep Drop In 6-16 years

Participants can drop in (once a week) to any of our Swim Team Prep classes for additional practice opportunity. Must be registered in a current session for Swim Team Prep, (other levels need permission from current instructor to attend). No reservation required.

Day	Time	FM	CM
Mon/Wed/Fri	Drop-in	\$40	\$45



# FAMILY STRENGTHENING

## HOST YOUR NEXT PARTY AT THE Y FOR THE BEST PARTY EVER!

Make it a party to remember for your special birthday boy or girl!

For more information, please contact **Cherie Davis** at 603.431.2334 or email at [cdavis@graniteymca.org](mailto:cdavis@graniteymca.org).

### Birthday Party Pool Rental Fees

Pool parties are a splash! Both the indoor and outdoor (summer only) pools are available for rentals, birthday parties and special events. Parties are held after hours only on Saturday and Sunday from 4:00-6:00 PM. This includes one hour in the pool and one hour in the group exercise studio. Members have the option of spending the full two hours in the pool. A brief swim assessment is given at the start of your party to assure the safety of the group.

# Participants	Facility (YMCA) Member	Community	
		Member	Non-Member
1 - 25	\$130		\$180
26 - 45	\$160		\$210

During the first 15 minutes of the pool rental, swimmers will be tested for ability.

Swimmers are then designated by a color band, as to which areas of the pool they can use.



**Studio Rental** \$60/hour

**Indoor Gaga Dodge Ball Pit** \$150/two hours

### Youth Power Hour

This small group training focuses on various functional fitness elements including cardio, strength, balance and flexibility. A variety of different exercises will be introduced in each session.

Day	Time	FM	CM
Sat	10:00 - 11:00 AM	\$70	\$90

### Kids Night at the Y | 5:30 – 8:30

Hey Parents, drop off your children to come hang out with us and participate in a fun night of sports, games, music, and more! Pizza dinner is provided. Limited to ages 3-11. Ages 6+ bring your swim gear too! For more information, please contact the Welcome Center 603.431.2334

	FM	CM
<b>Friday, April 12</b>	<b>\$15</b>	<b>\$30</b>
<b>Friday, May 10</b>	<b>\$15</b>	<b>\$30</b>
<b>Friday, June 14</b>	<b>\$15</b>	<b>\$30</b>

### Kid Zone

Children 6 weeks - 6 months, up to one hour

Children 7 months - 2 years, up to one and a half hours

Children 2 years - 9 years, up to two hours

At our Kid Zone program at the Y, children are active and engaged with others and exploring new things while they are supervised by a trained Y staff member. To make it easy for you while you work out in our facility, we offer **FREE** child care for our members holding a Family Membership.

Day	Time
Mon-Sat	8:00 AM - 12:00 PM
Mon-Thu	4:15 - 7:00 PM



## Kick Off Summer With **Healthy Kids Day®!**

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us!

**Saturday  
April 27  
1:00 - 3:00 PM  
EVENT IS FREE  
& OPEN TO THE  
PUBLIC**

# FOR YOUTH DEVELOPMENT

## CHILD CARE @ CAMP GUNDALOW

After school child care | Grades K – 8

We understand the need for a nurturing, fun and safe place to be after school. That's why The Granite YMCA has signed on to the Y-USA After School Upgrade to continue enhancing the quality of programming through community relations, youth voice and choice, and family engagement!

### No School Days | 7:00 AM – 6:00 PM

YMCA of the Seacoast child care at Camp Gundalow provides child care when there are no school days. Registrations will be available three weeks prior to no school/vacation day. If your child is not already enrolled in the program, you must fill out the complete registration form and pay a \$30 registration fee for the year. Open to children between 4 years 8 months and 14 years. Minimum 8.

### Snow Days

If the Y is open we will offer care on a drop in basis. Must be pre-registered to attend (no minimum).

### School Vacation Camp 7:00 AM – 6:00 PM

Held at Camp Gundalow in Greenland, NH. Children will participate in arts and crafts, STEAM (Science, Technology, Engineering, Arts, and Math) activities, cooking, open swim, and team building games.

December 26 - 28, 2018

February 25 - March 1, 2019

April 22 - 26, 2019

### The Y provides:

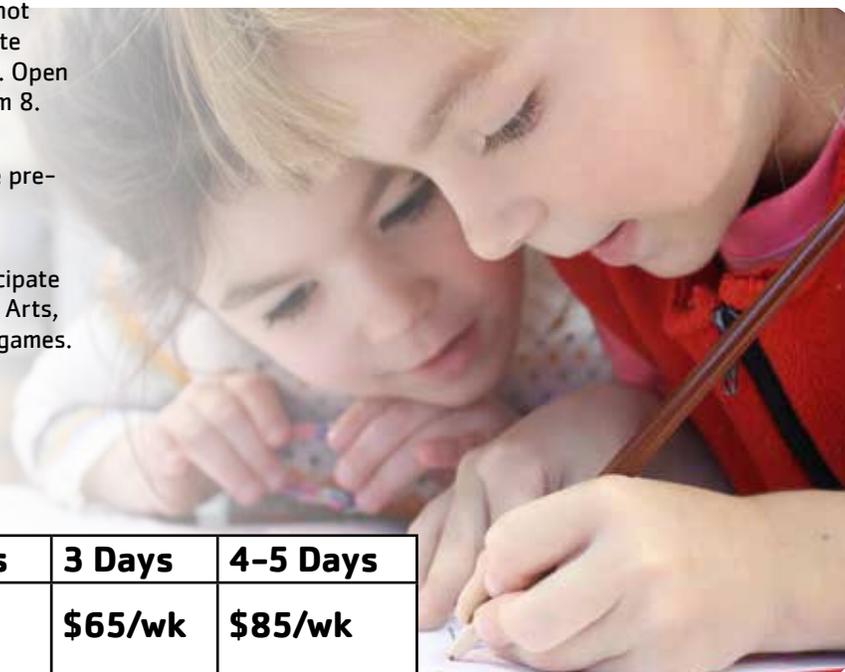
- Homework support
- 30+ minutes of physical activity
- Snack of fresh fruits/veggies and healthy grains
- Creative arts
- Exploration in STEM (science, technology, engineering & math)
- Character Rock Star program (recurring recognition with certificates and t-shirts)
- Transportation available from Greenland Central School

PROGRAM SITE	1-2 Days	3 Days	4-5 Days
Gundalow after school care School Dismissal - 6:00 PM	\$50/wk	\$65/wk	\$85/wk

For more information contact **Matt Mansur** at 603.431.2334 ext 2557 or [mmansur@graniteymca.org](mailto:mmansur@graniteymca.org).

Financial assistance is available for those who qualify.

State assistance is accepted.



# FOR HEALTHY LIVING

## ADULT AQUATICS

### Adult Aquatic Exercise

Facility Members can take advantage of **FREE** aquatics classes. Children 11 – 12 years can participate in water exercise classes provided they are accompanied by a parent. Children 13 years and up may participate in any class. Assistance is available for those requiring help with pool entry and exit. **FREE** classes include:

### Limber Limbs

Join us for low impact water aerobic exercise that combines cardio muscle toning activities to create a full-body workout. The class incorporates a variety of formats including interval training and equipment such as hydro buoys and offers all of the health benefits of traditional aerobics but avoids the pounding and jarring. Swimming ability is not required - laughter and comradery guaranteed! Class goes shallow end to deep end.

Day	Time
Mon, Wed, Fri	8:00 – 9:00 AM

### Aquacise

A water based exercise class which provides low impact exercises. The water provides most of the resistance with the aid of water belts, hydro buoys and other types of aqua exercise equipment. Class format includes stretching, muscle toning and cardio elements. Join in a fun workout!

Day	Time
Mon, Wed, Fri	9:00 – 9:45 AM
Fri	10:00 – 10:45 AM

### Advanced Aquacise

Similar to our other offered water aerobics classes, this high intensity, low impact class takes your workout to the next level and keeps participants above a talking pace.

Day	Time
Mon	10:00 – 10:45 AM

### Wild Wednesday

Make a splash by adding a low impact and high energy class to your fitness routine. There is less impact on your joints, so you can really let loose. This is one pool party you shouldn't miss!

Day	Time
Wed	10:00 – 10:45 AM

### Mix it Up

This class combines a deep water no impact AND low impact shallow end options. Participants will benefit from a full-body workout. The class incorporates a variety of formats including interval training and by using equipment such as hydro buoys and will focus on core strengthening. Your choice!

Day	Time
Tue & Thu	10:00 – 10:45 AM

### Deep Water Aquacise

This low-impact class held in the deep end of the pool provides a total body workout using flotation belts and other equipment for a fun and challenging class.

Day	Time
Mon & Wed	6:15 – 7:00 PM



# FOR HEALTHY LIVING

## ADULT AQUATICS

### Private Swim Lessons

Private swim lessons are intended for those persons seeking one-on-one or small group (Individuals in the same family) attention necessary to help swimmer(s) learn more effectively and best meet their needs. Private swim lessons are scheduled at the convenience of the student and instructor.

Private lesson fee | 30 minute

<b>Member</b>	\$35/per person
<b>Non-Member</b>	\$55/per person

Semi private (2 swimmers) lesson fee | 30 minute

<b>Member</b>	\$23/per person
<b>Non-Member</b>	\$48/per person

Seven 30-minute private lesson fee\*

<b>Member</b>	\$210/per person
<b>Non-Member</b>	\$385/per person

Four 30-minute private lesson fee\*

<b>Member</b>	\$120/per person
<b>Non-Member</b>	\$220/per person

\*Packages of lessons must be completed 90 days after first lesson begins.

### Learn to Swim

Geared toward adults who have not had much aquatic experience, participants become comfortable in the water, learn the basics of body position and control, as well as forward movement. This class lays the foundation to allow future progress in swimming. Bonus-child care is open during this time, so your little one can play while you practice!

Day	Time	FM	CM
Tue	5:45 – 6:30 PM	\$85	\$170

### Master Class

This class provides workouts using a combination of interval, endurance, and technique training to improve and maintain swimming for all four competitive strokes (freestyle, backstroke, butterfly and breaststroke). Coaches will provide guidance for participants through written workouts, on-deck feedback and instruction, and occasional video analysis. The team atmosphere of this group provides additional motivation to swimmers. This program for adults focuses on stroke and turn refinement. A certified U.S. Masters Swimming coach will lead you through clinic progression drills, and video analysis. All four competitive swim strokes, and some turns will be covered. Techniques in the class will benefit swimmers looking to improve for fitness, health, fun, or competition.

Day	Time	FM	CM
Mon	12:00 – 1:00 PM	\$65	\$170
Wed	12:00 – 1:00 PM	\$65	\$170
Fri	12:00 – 1:00 PM	\$65	\$170
Mon,Wed, Fri	12:00 – 1:00 PM	\$40	\$50 DROP IN FEE

## HEALTH & WELLNESS

### Family Fit Day

A fun interactive family day in the Group Ex Studio! Led by a trainer to engage in light physical activity that will bring your family together in a fun silly way.

Day	Time	FM
Sat, March 9	12:30 – 1:30 PM	\$20
Sat, April 6	12:30 – 1:30 PM	\$20

### Power Hour

This small group training focuses on various functional fitness elements including cardio, strength, balance and flexibility. A variety of different exercises will be introduced in each session.

Day	Time	FM	CM
Tue	6:30 – 7:30 PM	\$70	\$90
Fri	10:00 – 11:00 AM	\$70	\$90
Sat	11:00 AM – 12:00 PM	\$70	\$90

### Gentle Power

Join this class to increase muscular strength, core strength/stability and range of movement. We will use hand weights, tubing, a ball and a chair for seated or standing support. Get stronger while having fun!

Day	Time	FM	CM
Thu	11:00 AM – 11:45 PM	FREE	FREE

### TRX & Core

Using TRX suspension you will leverage gravity and your own body weight to perform a variety of different exercises. Intermittent core exercises will be scattered throughout the workout.

Day	Time	FM	CM
Tue/Thu	12:10 – 12:50 PM	\$99	\$149



# FOR HEALTHY LIVING

## P.A.C.T

### Physical Activity Connecting Together

This program helps new and current members incorporate physical activity into their normal everyday routines. Participants meet once a week for a 60 minute session for six weeks. Members connect in small groups of 4–6 people to sample different types of exercise and develop a regular routine that fits their lifestyle, comfort level, and goals. A trained wellness staff member will guide members through proper intensity, frequency, and forms of cardio, strengthening, endurance, flexibility, and balance exercises.

Day	Age	Time
Wed	18+	11:00 AM – 12:00 PM
Wed	8–12	5:00 – 6:00 PM

For more information,

**Jessi Pasay**, Director of Healthy Living  
603.431.2334 | [jpasay@graniteymca.org](mailto:jpasay@graniteymca.org)

## Wheelchair Health in Motion (WHIM)

A FREE Y program. No membership required.

Wheelchair Health in Motion is an innovative chair exercise class for wheelchair users. WHIM provides the tools for increasing quality of life and promoting wellness. The program is focused on helping individuals who use a wheelchair gain access to health promoting activities and information that will encourage opportunities and enhance quality of life through improved physical and mental health. For more information about WHIM in NH, please contact **Carol Conforti-Adams**, the Executive Director of Sunset Hill Educational Institute at [carol@sheinh.org](mailto:carol@sheinh.org). Classes are led by trained peer mentors who use wheelchairs for mobility themselves. Each class offers a 45–minute upper body exercise routine and 45–minutes of peer support, wellness information, and a chance to network with peers. WHIM is about using abilities to achieve wellness both inside and out.

Day	Time
Thu	1:30 – 3:00 PM



**LIVESTRONG** at the YMCA is a national, **FREE** 12-week group exercise program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.

#### DESCRIPTION AND GOALS

- Small group, supportive environment
- 12-week program with two 75-minute sessions per week
- Cardiovascular conditioning, strength training, balance, and flexibility exercises
- Held in YMCA “Wellness Centers”
- Evaluation includes Functional and Quality of Life assessments before and after participation
- Facilitated by YMCA-certified instructors

New sessions enrolling regularly. For more information, please contact **Cindy Lafond**, Association Director of Healthy Living Initiatives at 603.232.8650 or [clafond@graniteymca.org](mailto:clafond@graniteymca.org).

## Wellness COACHING SESSIONS

Our Wellness Coaching appointments are beneficial to all members, whether you’re already fitness savvy, or just getting started. Working directly with our Wellness Coaches, you will discuss and define goals, interests and concerns and establish a custom roadmap towards success. Coaching sessions can be anywhere from 20 – 60 minutes depending on what works best for you and are **FREE!**

Whether you are interested in learning how to use the wellness equipment, group exercise classes or personal training, our Wellness Coaches can help you make sure you’re heading in the right direction. Let’s look now at the variety of days and times available for you to meet with one of our certified wellness coaches and get you started.

For more information,

**Jessi Pasay**, Director of Healthy Living  
603.431.2334 | [jpasay@graniteymca.org](mailto:jpasay@graniteymca.org)

## YMCA DIABETES PREVENTION PROGRAM

**The YMCA’s Diabetes Prevention Program** focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to reduce their risk for Type 2 Diabetes and live healthier lives. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and 3 sessions every other week during the first 6 months followed by 6 monthly sessions in the second 6 months.

#### Program details and goals:

The program emphasizes two primary goals for the first half of the program:

1. Reduce body weight by 7%
2. Increase physical activity by 150 minutes per week

To sign up participants must meet the following:

- At least 18 years old
- Overweight (BMI  $\geq$  25)
- Diagnosed with Pre-Diabetes via a blood test or Gestational Diabetes (if a blood test is not available, participants must have a qualifying risk score)

For more information, please contact **Cindy Lafond**, Association Director of Healthy Living Initiatives at 603.232.8650 or [clafond@graniteymca.org](mailto:clafond@graniteymca.org).

# FOR HEALTHY LIVING



**PERSONAL TRAINING**

Discover new pathways to healthy living with our new and improved individual and small group personal training. At the Y, personal training provides all individuals, from health seekers to athletes, with the ability to achieve their healthy living goals regardless of the degree of difficulty. Sign up for individual personal training sessions or small group personal training sessions and receive:

## Individual Personal Training

Certified, professional, and motivated staff work with clients on health and nutrition education in addition to developing personalized routines based on individual goals. Clients start with a customized wellness evaluation measuring current abilities, reviewing history, and making goals. These goals are monitored to celebrate success. Through traditional and innovative techniques, clients will build relationships, gain confidence, and maintain a focus on long-term health and sustainability.

New Package Options	New Rates
Intro to Personal Training (3) 1 hour sessions	\$135
(1) 1 hour session	\$55
(5) 1 hour sessions	\$260
(10) 1 hour sessions	\$495
(20) 1 hour sessions	\$895
(1) 30 minute session	\$40
(10) 30 minute sessions	\$350
(20) 30 minute sessions	\$600

For more information about Personal Training at the YMCA of the Seacoast contact:

**Jessi Pasay**, Director of Healthy Living, 603.431.2334 or [jpasay@graniteymca.org](mailto:jpasay@graniteymca.org).

## Small Group Personal Training

Small group personal training inspires participants to team up to take advantage of the benefits of variety, community, and accountability while exceeding their individual wellness goals. This small group setting allows our professional trainers to incorporate flexibility and choice into workouts, yet still customize training methods and workout routines to accommodate individual needs and preferences.

New Package Options	New Rates (2 members)	New Rates (3 members)	New Rates (4 members)
(1) 1 hour session	\$45/each	\$40/each	\$30/each
(5) 1 hour sessions	\$150/each	\$100/each	\$75/each
(10) 1 hour sessions	\$300/each	\$225/each	\$175/each
(20) 1 hour sessions	\$500/each	\$400/each	\$300/each



[www.graniteymca.org](http://www.graniteymca.org)